

## **RUBS**

Dry rubs are combinations of dried spices massaged into food before cooking. Originally developed long ago for preservation, rubs in barbecuing help seal in flavour, add another dimension to the taste, and form a savoury crust. While the technique is old, it wasn't widely used cooking outside of barbecue circles until recently'.

The appropriate ingredients in dry rubs vary with the kind of food you're cooking, but some items are more common than others. Salt and sugar probably appear more often than anything else, in both commercial and homemade rubs, though they are also the most controversial ingredients. Some pitmasters say that salt draws the moisture out of meat, and everyone agrees that white or brown sugar burns on the surface of food. We follow the course of moderation, using salt and sugar when they round out the taste of a rub, but keeping the quantity in careful balance with other ingredients. From a flavour standpoint, if nothing else, they are normally better in a supporting rather than starring role.

Garlic powder, onion powder, and lemon-pepper seasonings are a close second in popularity, particularly in homemade rubs. They all work better in a dry spice mix than they do in most kitchen preparations, but by themselves their potential for adding punch is pretty limited. We usually supplement them, or even supplant them, with pepper and dried chillies, plus some combination of secondary seasonings, such as dry mustard, cumin, sage, thyme, allspice, cinnamon, nutmeg, and ginger.

When applying a rub, add it thoroughly and evenly. Generally you don't skimp on the amount, though some dishes benefit from a light touch, If you're cooking chicken or other poultry, spread the seasoning both over and under the skin, being careful to avoid tearing the skin, if you're rubbing vegetables, cover them first with a thin layer of oil. Always wash your hands well with soap and hot water before moving to other tasks.

After coating the food, let it absorb the spices in the refrigerator, wrapped in plastic. Fish fillets need to sit for 30 to 45 minutes before cooking, big cuts of meat need overnight, and other kinds of food require some amount of time in between.

## **lovat's Oak Whisky Wood Chip RUBS & SAUCES**

### **NUMBER ONE-DERFUL RUB**

9 tblsp paprika  
3 tblsp ground black pepper  
3 tblsp salt  
3 tblsp sugar  
2 tblsp chilli powder  
2 tblsp garlic powder  
2 tblsp onion powder  
2 teasp cayenne

Mix the spices thoroughly in a bowl. Store, covered in a cool, dark pantry.

#### **BBQ Tip:-**

Derived from a mild chilli, paprika is a common dry rub ingredient. This rub is good on ribs, brisket, and chicken.

### **SOUTHERN SUCCOUR RUB**

6 tblsp ground black pepper  
6 tblsp paprika  
6 tblsp unrefined Brown/Black sugar  
3 tblsp salt  
4 teasp dry mustard  
2 teasp cayenne

Mix the spices thoroughly in a bowl. Store covered in a cool, dark pantry

BBQ Tip. This rub is good on many cuts of pork, including shoulder

### **POULTRY PERFECT RUB**

9 tblsp paprika  
3 tblsp ground black pepper  
3 tblsp celery salt  
3 tblsp sugar  
2 tblsp onion powder  
2 tblsp dry mustard  
2 teasp cayenne  
Finely grated zest of 3 to 4 lemons, dried

Mix the spices thoroughly in a bowl. Store covered in a cool, dark pantry.

#### **BBQ Tip:**

Lemon zest can be air-dried overnight. If you're in a hurry to get your poultry in the barbecue, dry the zest in a 225°F oven or smoker for 5 to 10 minutes. This rub is good for chicken and other poultry.

## **Lovat's Oak Whisky Wood Chip RUBS & SAUCES**

### **CAJUN RAGIN' RUB**

3 tblsp celery salt  
3 tblsp ground black pepper  
3 tblsp white pepper  
3 tblsp brown sugar  
2 tblsp garlic powder  
1 tblsp cayenne  
1 tblsp dried thyme  
2 teasp dried sage

Mix the spices thoroughly in a bowl. Store covered in a cool, dark pantry.

#### **BBQ Tip:**

This blend dances on your taste buds. Pair it with pork ribs or shoulder, or try it with a meaty fish, such as snapper or redfish.

### **SWEET SENSATION**

3 tblsp ground allspice  
3 tblsp brown sugar  
3 tblsp onion powder  
2 teasp ground nutmeg  
2 teasp ground cinnamon  
2 teasp dried thyme

Mix the spices thoroughly in a bowl. Store covered in a cool, dark pantry.

#### **BBQ Tip:**

When you have leftover rub, seal it in a plastic bag or a jar. Keep in a cool pantry or refrigerator until needed. These spices match the sweetness and succulence of tender cuts of pork, such as loin or rib roast.

### **JAMAICAN JERK RUB**

6 tblsp onion powder  
6 tblsp dried onion flakes  
2 tblsp ground allspice  
2 tblsp freshly ground black pepper  
2 tblsp cayenne  
2 tblsp sugar  
4.1/2 teasp dried thyme  
4.1/2 teasp ground cinnamon  
1.1/2 teasp ground nutmeg  
1/4 teasp dried ground chilli (optional)

Mix the spices thoroughly in a bowl. Store covered in a cool, dark pantry.

## Lovat's Oak Whisky Wood Chip RUBS & SAUCES

### Lovat's Wood Chips SAUCES

Sauces reflect both regional variety and individual taste. Families and barbecue houses jealously guard their 'secret' recipe. Experiment with the recipes that follow and alter them to suit your own taste. Most of these recipes aren't spicy hot - this lets you taste the basic sauce for the balance of sweet and sour. Once satisfied with the base, you can spice it up with cayenne pepper, chillies, hot pepper sauce, or the like. If you are serving a lot of people, make a mild or moderately spiced sauce, then let the daring ones in the crowd spice up their plate by sprinkling on crushed cayenne pepper or hot pepper sauce. Barbecue sauces will keep in a covered jar for up to a week refrigerated and freeze well for several months.

#### PLAIN SAUCE

This sauce works equally well with beef, pork, chicken and fish.

12 tblsp tomato puree  
½ pint cider vinegar  
¼ pint oil  
6 tblsp Worcestershire sauce  
4 tblsp dark brown sugar  
2 ozs molasses or black treacle  
3 tblsp mustard  
2 teasp crushed garlic  
Juice of 1 lemon

In a large non-aluminium saucepan, combine all ingredients. Slowly simmer for 15 minutes. Stir often to prevent sauce from burning. Allow sauce to rest for at least 1 hour after cooking to allow flavours to mix. Store in covered container in refrigerator until used.

#### TEXAS SAUCE

This sauce is excellent for beef, pork, and chicken. Don't use it on fish - it will easily overpower the delicate flavour.

4 ozs butter  
1 large finely chopped onion  
6 sticks finely chopped celery  
4 cloves crushed garlic  
8 tblsp tomato puree  
¼ pint cider vinegar  
4 tblsp dark brown sugar  
½ pint beef stock  
5 tblsp Worcestershire sauce  
2 bay leaves  
2 teasp freshly ground black pepper  
2 teasp cayenne pepper  
1 teasp ground cumin

## **Lovat's Oak Whisky Wood Chip RUBS & SAUCES**

2 teasp chilli powder

In a large non-aluminium saucepan, melt butter and sauté onions, celery, and garlic until soft (about 10 minutes). Add remaining ingredients and slowly simmer for about 30 minutes. Stir frequently so that the sauce doesn't burn. Allow sauce to rest for at least 1 hour so that the flavours can mix. Store covered in refrigerator. This sauce is even better the following day.

### **KANSAS CITY SAUCE**

A rich, sweet sauce which works well with beef, pork, or chicken. If you like spicy barbecue, try adding 1 to 2 tablespoons ground cayenne pepper.

¼ pint oil

1 onion, finely chopped

1/2 green pepper, finely chopped

4 cloves crushed garlic

1 off 16oz bottle ketchup

4 ozs. molasses

2 teasp hot pepper sauce

2 tblsp yellow mustard

2 tblsp cider vinegar

½ cup firmly packed dark brown sugar

4 tblsp Worcestershire sauce

1 teasp liquid smoke flavour

5 tblsp fresh lemon juice

Place oil in a large non-aluminium saucepan, then sauté onion, green peppers and garlic until soft (about 10 minutes). Add remaining ingredients and continue to simmer slowly for 30 to 35 minutes. Stir frequently to prevent sauce from burning. Let rest for at least 1 hour after cooking to allow flavours to mix.

### **LOUISIANA SAUCE**

A barbecue sauce that begins in the same manner as other Creole sauces by employing the classic combinations of onions, celery, green peppers, tomato and garlic. The Creole recipe adds thyme and oregano at this point; create a barbecue sauce by adding molasses, brown sugar and vinegar. This recipe produces a spicy, thick, complexly flavoured sauce suitable for almost any cut of beef, pork, chicken or fish. To make a fiery sauce add more cayenne pepper.

½ pint oil

2 large finely chopped onions

1 large green pepper, finely chopped

6 sticks finely chopped celery

2 tblsp minced garlic

16 tblsp tomato puree

1 tblsp Dijon or Creole mustard

5 tblsp white vinegar

4 teasp cayenne pepper

## Lovat's Oak Whisky Wood Chip RUBS & SAUCES

1 teasp hot pepper sauce  
1 bay leaf  
2 teasp freshly ground black pepper  
4 tblsp dark brown sugar  
2 ozs. dark molasses

Place oil in a large non-aluminium saucepan, then sauté onion, green pepper, celery, and garlic until soft (about 10 minutes). Add remainder of ingredients and simmer slowly for 10 to 15 minutes, stirring frequently to avoid burning. Adjust seasoning to taste by altering amounts of sugar, spices and vinegar. Cook an additional 5 to 10 minutes after changing seasoning. Let rest for at least 1 hour after cooking to allow flavours to mix. Store covered in refrigerator. Sauce is even better the next day.

### **BOURBON SAUCE**

This sauce works equally well as a basting sauce as a marinade. The alcohol evaporates as the sauce cooks, leaving a mysterious and intense bittersweet flavour. To use as a marinade, coat meat and leave covered in the refrigerator for 8 to 12 hours. Continue to baste with sauce as meat cooks, but don't serve this on the side - it is really only suitable if cooked into the meat. Sauce works best with beef or pork.

2 tblsp lard  
1 onion, finely chopped  
1 tblsp minced garlic  
14 tblsp tomato puree  
10 tblsp Worcestershire sauce  
2 tblsp cider vinegar  
4 tblsp yellow mustard  
4 tblsp dark brown sugar  
5 tblsp bourbon  
2 tblsp each hot red chilli powder and mild red chilli powder  
2 drops liquid smoke flavour

Place lard in a large non-aluminium saucepan and sauté onion and garlic until soft (about 10 minutes). Add remaining ingredients and continue to cook for an additional 30 minutes. If you can't find the two strengths of chilli powder, substitute 3 tablespoons ground cayenne pepper total. Stir frequently to prevent sauce from burning. Allow to rest for at least 1 hour before using.

## **lovat's Oak Whisky Wood Chip RUBS & SAUCES**

### **KING SAUCE**

The nature of this sauce is predominately Asian, but there are a few interesting western touches. Use this sauce as a marinade for your barbecue and as a basting sauce. Rub the sauce into the meat and refrigerate covered for 8 to 12 hours. This sauce goes particularly well with pork and beef but can also be used with chicken and fish.

1 x 16 oz bottle hoisin sauce  
½ pint soy sauce  
2 tblsp each white vinegar and dry sherry  
4 tblsp sesame oil  
4 tblsp Dijon mustard  
3 tblsp minced garlic  
Juice of 1 lemon  
pepper to taste  
1 tsp ground cumin  
2 tsp fennel seed, crushed  
2 tblsp mirin  
6 tblsp orange juice

In a large bowl combine all ingredients and mix well. Adjust sauce to taste by altering individual amounts of each ingredient. The flavours tend to dilute considerably during cooking, so keep them strong

### **FLORIDA SAUCE**

This unusual barbecue sauce includes horseradish and lime juice. It is tangy and sweet, with a delicate taste and a short shelf life. Try to make this the same day as your barbecue because the flavours tend to fade quickly. This sauce is excellent on fish and chicken, and interesting on pork. It is too delicate to match with beef ribs

8 ozs. unsalted butter  
4 tblsp dark brown sugar  
8 tblsp tomato puree  
¼ pint cider vinegar  
6ozs prepared horseradish  
¼ pint fresh lime juice  
1 tblsp Worcestershire sauce  
2 tsp hot pepper sauce

In a large non-aluminium saucepan melt butter and add remaining ingredients. Simmer slowly for 20 to 25 minutes, stirring frequently to prevent sauce from burning. Sauce can be used immediately.

## **Lovat's Oak Whisky Wood Chip RUBS & SAUCES**

### **CREOLE CLASSIC BBQ SAUCE**

1 tblsp corn oil  
1 medium onion, chopped  
½ green pepper, chopped  
2 sticks celery, chopped  
3 garlic cloves, minced  
1 tin chopped tomatoes  
½ pint chicken or beef stock ,  
¼ pint cider vinegar  
4 ozs. pecan nuts  
6 tblsp Creole mustard  
3 tblsp brown sugar  
2 tblsp chilli sauce  
1 teasp Tabasco  
½ teasp freshly-ground black pepper  
½ teasp white pepper  
½ teasp cayenne  
salt to taste

In a saucepan, warm the oil over medium heat. Add the onion, green pepper, celery, and garlic and sauté until everything is softened, about 5 minutes. Mix in the remaining ingredients, reduce the heat to low, and cook until the mixture thickens, approximately 30 minutes. Stir frequently. Let the sauce cool briefly. Spoon the sauce into a blender and puree it until smooth. If the consistency is thicker than you prefer, add a little water. Use the sauce warm or chilled. It keeps, refrigerated, for at least a week.

### **WEST COAST WONDER SAUCE**

½ pint hoisin sauce  
¼ pint rice vinegar  
5 tblsp soy sauce  
2 tblsp Dijon mustard  
2 teasp minced fresh ginger root  
1 teasp ground anise seeds  
2 garlic cloves, minced

Combine the ingredients together in a saucepan and warm them over low heat for about 10 minutes.

Serve the sauce hot at room temperature. It keeps, refrigerated, for several weeks.

## **Lovat's Oak Whisky Wood Chip RUBS & SAUCES**

### **BLACK SAUCE**

½ pint Worcestershire sauce  
½ pint white vinegar  
2 tblsp brown sugar  
2 tblsp fresh lemon juice  
1 tblsp plus 1 teasp freshly ground black pepper  
2 garlic cloves, minced  
½ teasp ground allspice

Combine the ingredients together in a saucepan and heat over medium heat. Simmer the mixture for about 10 minutes. Serve the sauce hot or at room temperature.

### **FISH BRINE**

1 gallon water  
12 tblsp salt  
¼ pint soy sauce  
8 tblsp sugar  
2 bay leaves  
1 teasp dried dill or 4 sprigs fresh dill  
zest of 2 lemons

### **LIME-MINT BARBECUE SAUCE**

2 ozs. butter  
2 sticks minced celery  
1 medium minced green onion  
1 garlic clove, minced  
1½ cups brewed mint tea, made from 3 mint tea bags  
½ pint fresh lime juice  
zest of 4 limes  
4 tblsp honey  
1 tblsp prepared brown mustard

In a heavy saucepan, melt the butter over medium heat. Add the onion and sauté for a couple of minutes, until the onion is softened. Mix in the remaining ingredients, reduce the heat to low, and cook the mixture until it reduces by about half approximately 40 minutes. Stir frequently.

Serve the sauce warm or chilled. It keeps, refrigerated, for a couple of weeks.

## **lovat's Oak Whisky Wood Chip RUBS & SAUCES**

### **SPANISH CITRUS SAUCE**

2 ozs. butter  
½ pint cider vinegar  
8 tblsp tomato puree  
5 tblsp prepared horseradish  
juice of 4 limes  
juice of 1 medium orange  
3 tblsp brown sugar  
1 tblsp Worcestershire sauce  
1 teasp salt

Mix the ingredients in a saucepan and bring the liquid to a simmer. Reduce the heat to low and cook the mixture until it thickens, approximately 40 minutes. Stir frequently. Serve the sauce warm or chilled. It keeps, refrigerate, for a couple of weeks.

### **DEVON APPLE SAUCE**

2 ozs. butter  
1 medium onion, finely chopped  
1¼ pints apple juice or cider  
2 tblsp dark molasses  
2 tblsp Worcestershire sauce  
2 tblsp cider vinegar  
2 tblsp tomato puree  
½ teasp chilli powder  
½ teasp cinnamon  
½ teasp salt

In a heavy saucepan, melt the butter over a medium heat. Add the onion, and sauté for a couple of minutes, until the onion is softened. Mix in the remaining ingredients, reduce the heat to low, and cook the mixture until it reduces by about one quarter, approximately 30 minutes. Stir frequently.

Serve the sauce warm. It keeps, refrigerated, for a couple of weeks.

### **PLUM GOOD SLOPPING SAUCE**

16 oz can plums in heavy syrup, undrained  
1 medium minced green onion  
1 tblsp prepared yellow mustard  
1 teasp dark molasses  
½ teasp ground dried red chilli  
¼ teasp salt  
Dash of Worcestershire sauce

Mix the ingredients in a saucepan and bring the liquid to a simmer. Reduce the heat to low and cook the mixture until it thickens, approximately 20 minutes. Stir frequently. Serve the sauce warm or chilled. It keeps, refrigerated, for a couple of weeks.